

## How to Help Your Child Who is Being Bullied Checklist

- Take the bullying seriously
- Listen calmly and carefully to your child's situation
- Empathize with your child
- Let them know that it is not their fault
- Know that ignoring repeated bullying will not solve the problem
- Let your child know that bullying is something that can be stopped
- Let school personnel know about the bullying. Don't contact the parents of the child who bullied your child. Report to school officials.
- Build your child's self esteem and resiliency
- Create a home environment where he feels safe and sees examples of strength and confidence
- Encourage him to make positive friendships
- Teach bullying coping strategies through role playing
- Practice things to say to bullies and to get help
- Don't encourage retaliation or fighting

**Stop Bullying Now.gov**